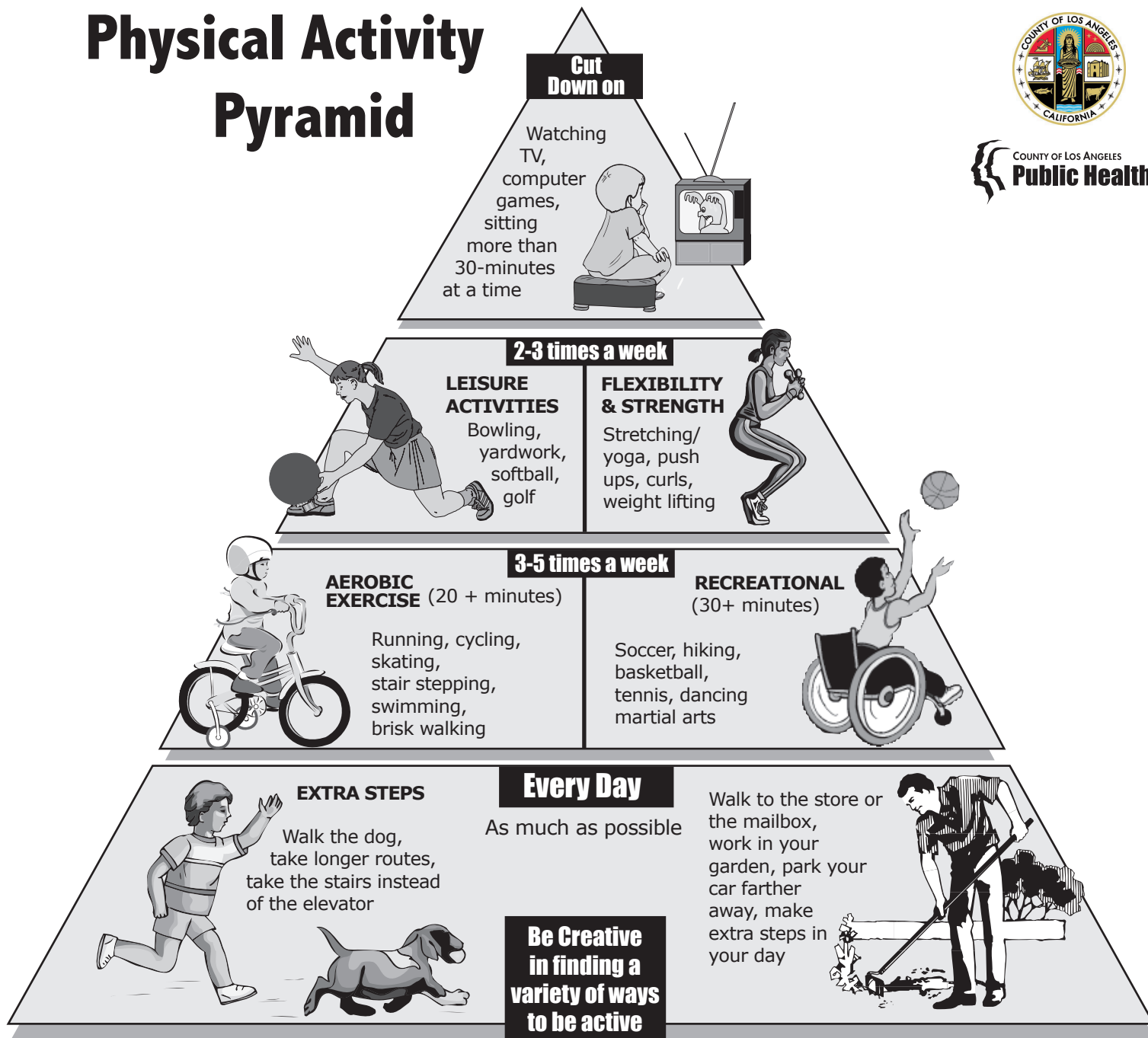


# Physical Activity Pyramid



COUNTY OF LOS ANGELES  
**Public Health**



**Each week, try to increase your physical activity using this guide. Here's how to start...**

**If you are inactive**  
(Haven't thought about activity in years)

Increase daily activities at the base of the pyramid by:

- taking the stairs instead of the elevator
- hiding the TV remote
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can

**If you are sporadic**  
(Active some of the time, but not regularly)

Become consistent with activity by increasing activity in the middle of the pyramid by

- finding activities you enjoy
- planning activities in your day
- setting realistic goals

**If you are consistent**  
(Active most of the time, or at least four times a week)

Think about the long term as you move throughout the pyramid by

- changing your routine if you start to get bored
- exploring new activities